

**Cimarron Medical Services  
Stillwater Medical Center Home Health Services**

# Home Care Connection

## Connecting Hospital to Home

*This month's newsletter focuses primarily on stress relief.*

### Meet the Staff:

#### Terry Bryson

Terry graduated from the OU Health Sciences Center with a degree in Physical Therapy in 1978. He came to Stillwater in 1980 and worked for Stillwater Medical Center, ultimately becoming director of Physical Therapy. He left SMC in 1985 to pursue other opportunities, including running his own contract physical therapy business. He has worked in Home Health in some capacity since 1985 and began working for SMC again in 2002.

Terry has been married to his wife Bobbi, an RN and Regional Director for Concentra Occupational Medicine, for 35 years. They have two children, Eric who is a graphic artist, and Erin who is a civil engineer. Terry is also a veteran of the US Army and served in Germany.

Terry also has degrees in Art from South Western OSU and Law from OCU, and he is a member of the Oklahoma Bar Association. He has built and flown two airplanes, he builds guitars, and he plays guitar and sings in a local band.



### Cimarron Medical Services has Stress Relief Products

By JoRita Cleem

Within all of us is a strong desire to be healthy and free of pain, stress, and in some cases toxic stress. By using certain products that are designed to help relieve stress you have taken a positive step in that direction. Cimarron Medical Services offers a variety of products to help.

- The Thera Cane which is for Deep Pressure Massage and also what is called the Original Backnobber, helps ease the symptoms of muscle fatigue, back, neck and shoulder discomfort and headaches.
- The Stress Ease Pillow which is allergy free. This pillow will aid and comfort the user to give you a great night's rest.
- The Pride Lift Chair with heat and massage is one of our customer's favorites.

We also have vendors which offer a variety of stress relief aides if you have something in particular in mind; we are willing to help you find it. We are here to help serve you, and if you have any questions about any of our products please feel free to call us at 405-377-9735.

### Methods to Controlling Pain

By Debra Gaden, RN

Pain is a complex phenomenon. It has physical, emotional, and psychological components. How each person responds to pain is complex and is affected by personal coping skills, religious upbringing, expectations of family and friends, remembrances of past painful experiences, and cultural beliefs.

Treating and controlling pain is a primary concern for all members of the health care team. There are many methods of dealing with pain other than using medication. Reducing your stress level can be your first step in decreasing your pain. Decreasing stress through relaxation and meditation techniques is one way of reducing or eliminating pain. Other ways include acupressure, acupuncture, reflexology, biofeedback, and massage. There are many physicians who specialize in pain management as well as clinics devoted to the treatment of pain.

### Healthy Recipe Barbeque-Rubbed Pork Chops

- 1 tablespoon light brown sugar
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 3/4 teaspoon garlic powder
- 3/4 teaspoon ground cumin
- 1/4 teaspoon dry mustard
- 1/8 teaspoon ground all spice
- 1/8 teaspoon ground red pepper
- 4 (6-ounce) bone-in center-cut loin pork chops, trimmed (about 1/2 inch thick)
- Cooking spray

Combine first 9 ingredients; rub over both sides of pork. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add pork; cook for 2 minutes on each side. Reduce heat to medium, and cook for 8 minutes or until done, turning occasionally. Remove from pan; let stand 5 minutes.



## Cimarron Medical Services

723 Eastgate

- Phone: 405-377-9735
- Toll free: 1-800-368-1346
- [www.cimarronmedical.com](http://www.cimarronmedical.com)



824 South Walnut

- Phone: 405-624-6578
- [www.stillwater-medical.org/hh](http://www.stillwater-medical.org/hh)

## Breathing Exercises

By Erica Lightfoot, RN

**When are breathing exercises helpful?** Breathing exercises help you make use of your entire lung and keep your chest muscles active. They help you to get more oxygen with each breath and to breathe with less effort. They are especially important if you have chronic obstructive pulmonary disease (COPD), are involved in physical activity, or are going into or recovering from surgery. Breathing exercises can help to reduce your stress level. The exercises also help to prevent pneumonia when you are sedentary.

**What types of breathing exercises are useful?** These breathing methods prevent or reduce trapped air in your lungs, and allow you to inhale more fresh air.

- **Pursed lip breathing (when you are short of breath)** - Relax your neck and shoulder muscles. Breathe in slowly through your nose for 2-3 counts (count 1,2,3). Purse your lips as if you are going to whistle. Breathe out gently through pursed lips twice as long as you breathed in. Let the air escape naturally and don't force the air out of your lungs. Continue doing pursed lip breathing until you are no longer short of breath.
- **Deep Breathing** - Sit or stand, pull your elbows back firmly, and inhale deeply. Hold your breath for 5 counts. Exhale slowly and completely
- **Diaphragm Breathing** - Lie on your back with your knees bent and supported by pillows. Place your fingers on your belly just below your ribcage. As you inhale deeply, your belly and lower ribs should rise while your chest remains fairly still. Inhale for a count of 3 and exhale for a count of 6. Slightly puckering your lips can help you exhale slowly.

### Tip of the Month: Avoid Driving Stress

As general advice, clear your mind of anything which happened at home or the office so that you drive safely, as opposed to using the driving time to think of family and office issues. Also, avoid any unnecessary activity like putting on make up or lipstick or talking on a cell phone. You will be more alert to quickly respond to avoid roadway hazards and enjoy your drive to your destination.

Roseanna Porter, SMCHH Business Office Supervisor



## Use of Activity To Decrease Stress

By Bonnie Campis, RN

### Part 1 of 3



Most of us realize that exercise, when done regularly, makes us feel better. What you may not realize is that virtually any form of exercise can decrease the production of stress hormones.

How does exercise reduce stress?

- It pumps up your endorphins: These are the feel-good neurotransmitters and it makes you have what is sometimes called a "runner's high" but you can do other activities and get the same effect.
- It's meditation in movement: After a fast-paced game of racquetball or several laps in the pool, you'll often find that you have forgotten the day's problems and irritations and have concentrated on your movements. As you begin to regularly shed your daily tensions, you may find that this focus on a single task, and the resulting energy and optimism, can help you remain calm and clear in everything you do.
- It improves your mood: Regular exercise can increase self-confidence and lower the symptoms associated with mild depression and anxiety. This can ease your stress levels and give you a sense of command over your body and your life.

*Next month's newsletter will show us how to get started with your regular exercise routine.*

***If you would like to be removed from or added to our mailing list, please contact Ramey at 405-624-6578 or by email at [rhart@stillwater-medical.org](mailto:rhart@stillwater-medical.org)***